



Start SMART

14 July 2020



VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century

Start SMART “House Rules”

- Limit distractions.
- If you need to leave, let the instructor know.
- Be respectful.
- Engage in discussion when appropriate.
- Remember that what is said in class, stays in class.

Goals and objectives

Goal: Learn about next steps to take on the path to a healthier lifestyle!

Be able to:

- List one health condition that can be improved by nutrition.
- Build a healthy plate.
- Explain how a Registered Dietitian can help you.
- Name a Minneapolis VA nutrition program or class available to you.
- Set a SMART goal.

Quiz Question

Which chronic diseases or conditions are directly influenced by eating habits?



Answer: Many!

- Obesity
- Heart disease
- Stroke
- Cancer
- High blood pressure
- High cholesterol
- Diabetes
- Chronic Kidney Disease
- Liver disease
- Gout



Benefits of healthy eating

Less:

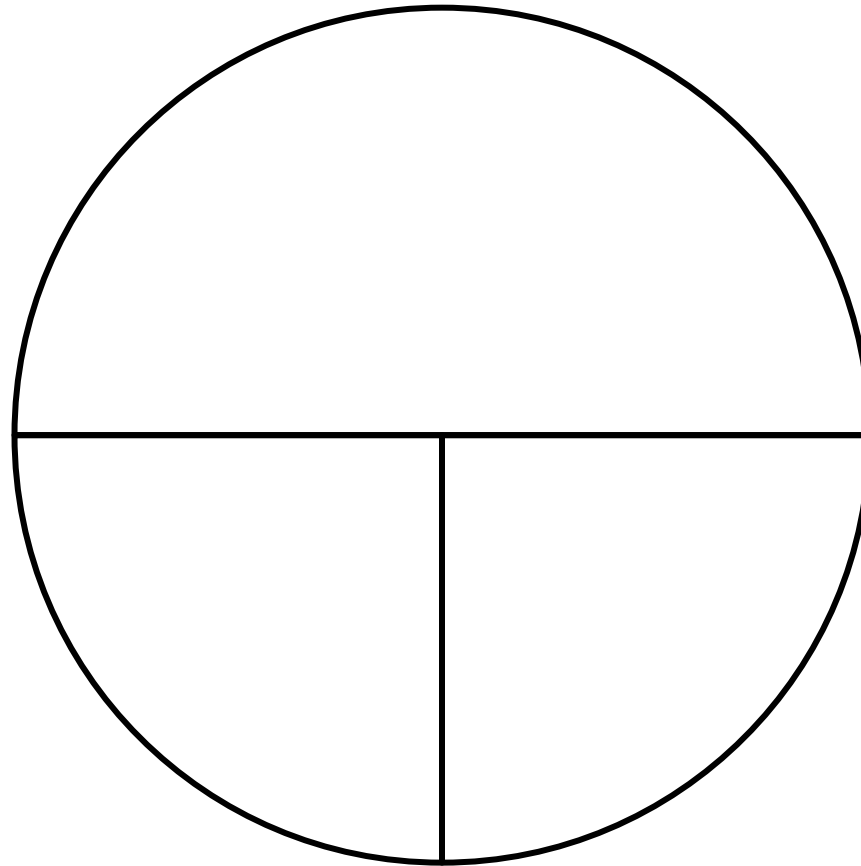
- Obesity
- Heart disease
- Diabetes
- Stroke
- High blood pressure
- Cancer
- Depression and anxiety

More:

- Energy
- Confidence
- Self-esteem
- Quality sleep
- Better mood



How to Build a Healthy Plate



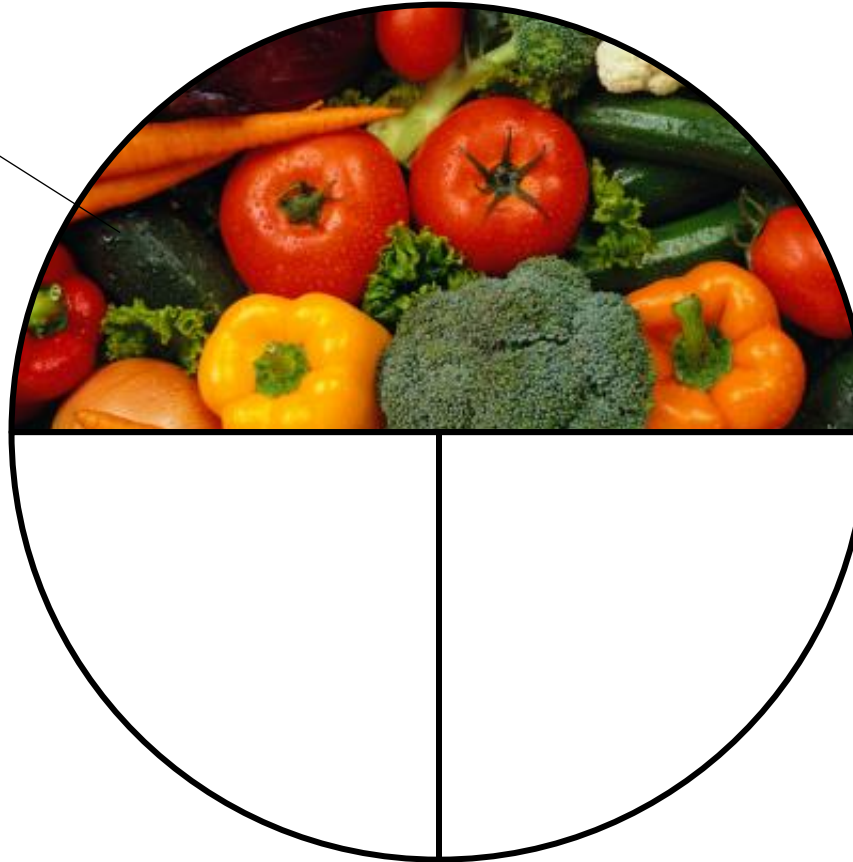
****9-inch plate or smaller****

Non-starchy Vegetables

1. Fill at least 1/2 your plate with non-starchy vegetables.

Examples:

- Asparagus
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Peppers
- Tomatoes
- Zucchini



****9-inch plate or smaller****

Lean Protein

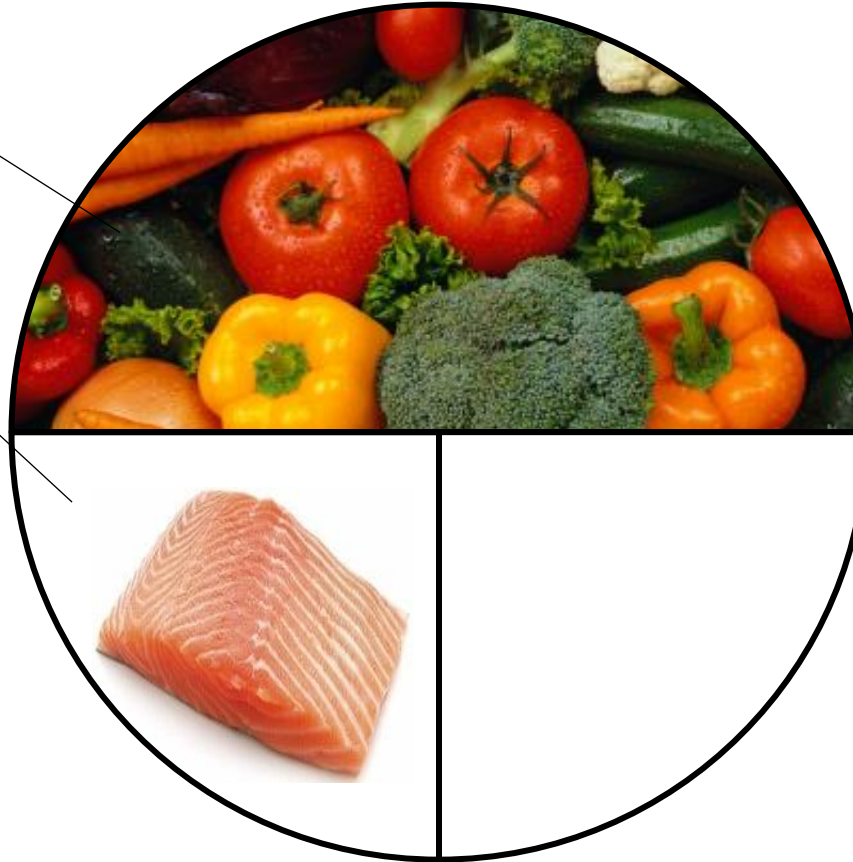
1. Fill at least 1/2 your plate with non-starchy vegetables.

2. Fill 1/4 of your plate with lean protein.

Examples:

2-4 ounces of

- Chicken
- Fish
- Eggs
- Beef
- Plain Greek yogurt
- Plant-based proteins

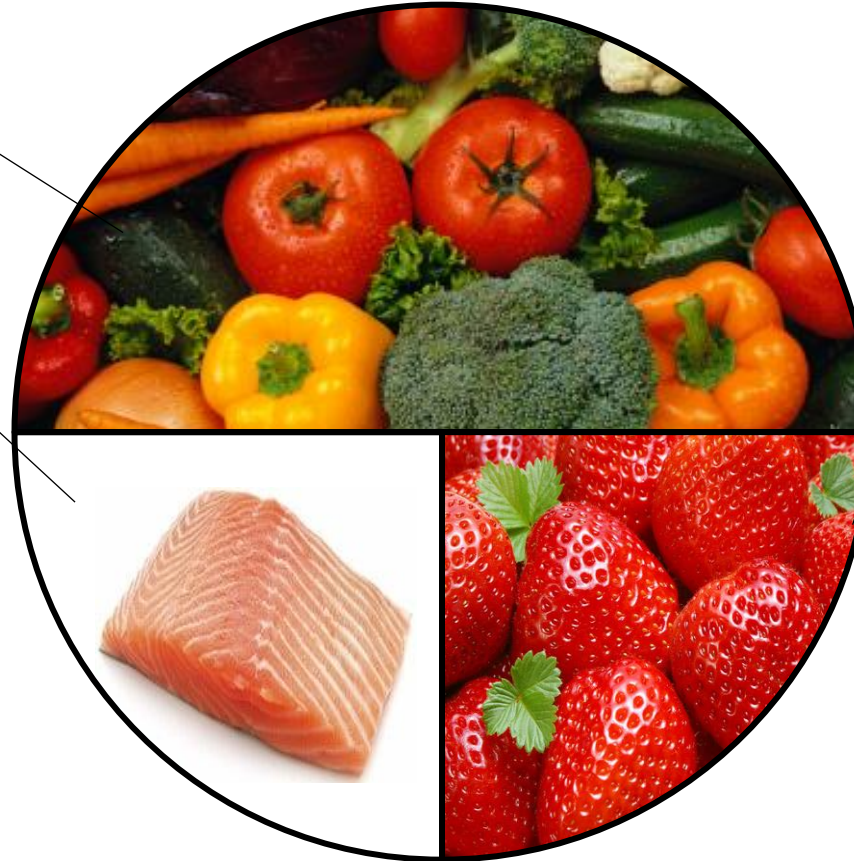


****9-inch plate or smaller****

Fruit, Starchy Vegetable, or Whole Grain

1. Fill at least 1/2 your plate with non-starchy vegetables.

2. Fill 1/4 of your plate with lean protein.



3. Fill no more than 1/4 of your plate with fruit, starch, or grain.

Examples:

1/2 cup of

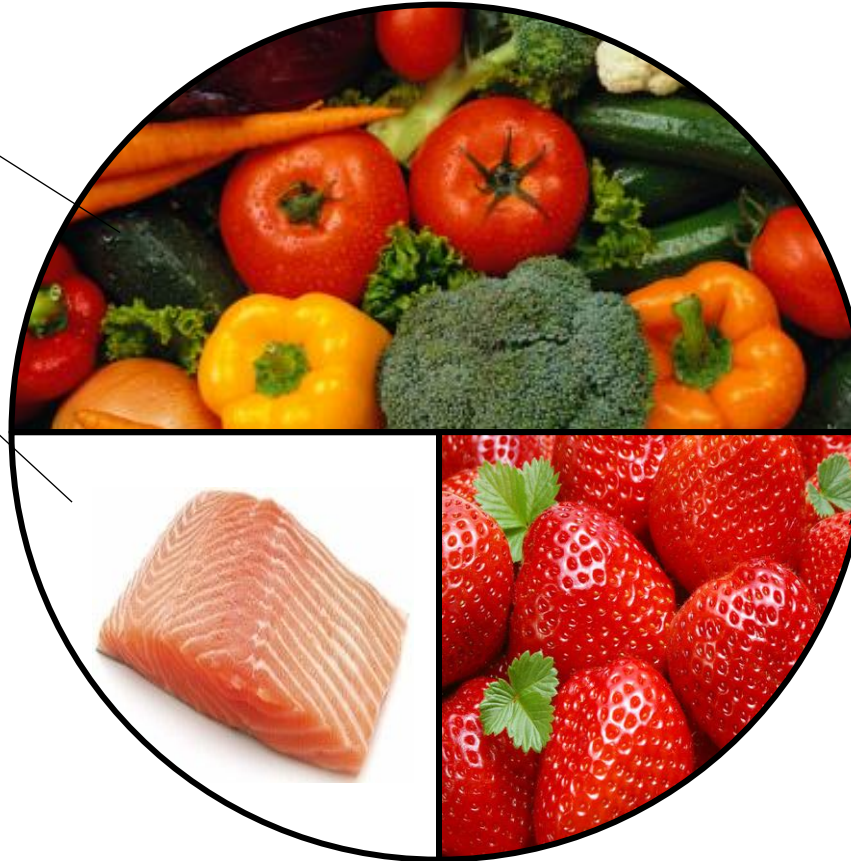
- Corn
- Peas
- Potatoes
- Apple
- Berries
- Whole wheat pasta

****9-inch plate or smaller****

Healthy Fat

1. Fill at least 1/2 your plate with non-starchy vegetables.

2. Fill 1/4 of your plate with lean protein.



3. Fill no more than 1/4 of your plate with fruit, starch, or grain.

4. Use healthy fats in moderation.

Examples:

1 ounce of

- Almonds
- Avocado
- Butter
- Olives or olive oil

****9-inch plate or smaller****

Healthy Plate Meal Ideas



Drink Smart

- Many beverages contain “empty calories”
 - Calories but no nutrition
 - Ex: soda, lemonade, alcohol, juice, energy drinks, coffee drinks
- If you feel hungry, you may actually be dehydrated
- **Water** is the best choice!



Smart Moves

- Pick an activity that you enjoy and/or a way to enjoy it more
 - music, a class, a buddy
- Do it more often: even 10 minutes counts!
 - 15 minutes:
 - reduces risk of heart attack or stroke by half
 - increases lifespan by 3 years
- Possibly count steps with a pedometer or other device (phone, smart watch)
- Start small
 - Take the stairs
 - Get up for 2 minutes every 30-60 min while sitting
 - Take an extra lap around the store when shopping



What is a Registered Dietitian?



- Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN)
- *The* nutrition expert
 - Gives you the real answers to your nutrition questions
 - Helps you prevent chronic disease and manage your health
 - Stays up-to-date on the latest nutrition evidence and research
- Guides you to a healthy eating plan that works for your body, your preferences, and your lifestyle

Minneapolis VA Nutrition Services

- Weight loss Classes
- Women's only weight loss group
- Healthy Teaching Kitchen
- Integrative nutrition classes
- Diabetes education Class
- Congestive Heart Failure Support
- Individual dietitian appointments
 - In your doctor's clinic
 - Congestive Heart Failure clinic
 - Renal clinic

Weight Loss Program: Classes



Help you lose weight, keep it off, and improve your health

Every other week for 12 sessions
Women's only option also available

Groups offered

- In person
- By phone
- By video call to your home



Weight Loss Program: Individual

Phone or video

- 16-week program with monthly check-in calls from weight loss coach
- Complete modules in a workbook
- Discuss food intake, physical activity, and set goals



Healthy Teaching Kitchen



- HTK teaches you how to:
 - Prepare and cook fresh foods
 - Make healthier food choices
- 8-week series, every other week
- Thursdays 2-3 PM
- **Via group video call due to COVID-19**
 - Option to cook along with instructor from your home kitchen!

Center For Integrative Health and Healing

- Nutrition class from an integrative perspective
- Meets Mondays and Wednesdays
- Examples of recent topics:
 - Anti-inflammatory diet
 - Nutrition and sleep
 - Nutrition and the Holidays
 - Gut health
- **Must first attend virtual intro class for CIHH**
- CIHH also includes *Tai Chi, Yoga, iRest Yoga Nidra, Mindfulness, Integrative Nutrition and the Take Charge of My life and Health group, Acupuncture (returning Summer 2021)*



Diabetes Education Classes

- For patients with diagnosis of diabetes
- Help manage diabetes and improve A1c
- 3-hour class offered Wednesdays and Thursdays
- Learn more about:
 - Foods that raise your blood sugar
 - Proper portion sizes
 - Reading nutrition food labels
 - Carbohydrate counting
- **Group is done in-person or via video call**



Congestive Heart Failure (CHF) Group

- Learn to manage and live with heart failure diagnosis
- 1-hour class offered monthly on the 4th Wed of each month, 10-11 AM
- Support and education provided by CHF Team:
 - Nurses
 - Dietitians
 - Pharmacists
 - PT/OT
- **Group is done via video call due to COVID-19**



Dietitian Visits

- Individual appointments to fit your lifestyle and your schedule
- Many options in day or evening hours:
 - In your clinic
 - Video call
 - Over the phone
- Specialties:
 - In CHF clinic for heart failure
 - In Renal clinic for chronic kidney disease



Next Steps...



FOOD & ACTIVITY LOG

Day/Date:		Time:	Food/Beverage:	Amount:	Calories:	Mood/Feelings:
Physical Activity:						RPE Intensity:

- Highly-recommended
- Create awareness about eating habits and physical activity
- Best practices:
 1. Be honest.
 2. Be accurate.
 3. Be complete.

Goal Setting

- Vital component to weight loss or health maintenance
- Helps with time management and organization
- Keeps you focused on your priorities related to
 - Nutrition
 - Physical activity
 - Other behaviors
- Can be changed at any time

SMART Goals

Specific—Includes specific details

Measurable—Easy to determine if you met it

Action-oriented—Requires you to take action

Realistic—Practical given your time and resources

Time-based—Has a timeframe or deadline

Examples of SMART Goals

NUTRITION

"I will drink no more than 3 cans of soda per week."

"I will have 1 cup of vegetables at dinner every day this week."

ACTIVITY

"At least 3 days this week, I will walk briskly for 15 minutes."

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graph TD; A["NUTRITION  
\"I will drink no more than 3 cans of soda per week.\"  
\"I will have 1 cup of vegetables at dinner every day this week.\""] --> C((Health goal,  
Such as decrease blood sugar)); B["ACTIVITY  
\"At least 3 days this week, I will walk briskly for 15 minutes.\""] --> C;
```

Health goal,
Such as decrease
blood sugar

Your Turn!

- Set at least 1 SMART goal that you plan to accomplish within the next 2-4 weeks.

Remember, it's SMART if it is:



Specific—Includes specific details

Measurable—Easy to determine if you met it

Action-oriented—Requires you to take action

Realistic—Practical given your time and resources

Time-based—Has a timeframe or deadline

And provides steps to your health outcome or goal.

What's next for me?



- Please select your preferred follow-up option.

Enrollment Form

Select an option to enroll:

Group Options

- ☐ Weight Loss Classes
 - ☐ Group sessions (12 sessions, open enrollment)
 - ☐ Women's only weight loss group
- ☐ Diabetes Education
- ☐ Healthy Teaching Kitchen
- ☐ Congestive Heart Failure (CHF) Education/Support Group (must have diagnosis to attend)
- ☐ Center for Integrative Health and Healing (must attend CIHH Intro first)

Individual Options

- ☐ Dietitian visits (may change based on COVID-19 restrictions, select your preferred visit type)
 - ☐ In clinic
 - ☐ Over the phone
 - ☐ On your home computer or device
- ☐ To address Renal (Kidney) Disease
- ☐ To address Heart Failure
- ☐ Check here if NONE of our options are suitable for your situation and explain why:

Questions?

Please complete and return these items back to us:

1. Enrollment Form
2. Class Evaluation Form

Thank you!